

# heart to heart

## QUIZ

More information and resources  
are available online at:  
[www.FOH.hhs.gov/calendar](http://www.FOH.hhs.gov/calendar)  
[www.FOH.hhs.gov/toolkit](http://www.FOH.hhs.gov/toolkit)

- 1) What is the leading cause of death in the United States?
  - A) Cancer
  - B) Accidents
  - C) Heart Disease
  - D) Stroke
  - E) Chronic lower respiratory diseases
- 2) What number is closest to the percentage of deaths caused by heart disease?
  - A) 10%
  - B) 20%
  - C) 25%
  - D) 30%
  - E) 50%
- 3) What are some common symptoms of a heart attack?
  - A) Chest pain or discomfort
  - B) Discomfort in the upper body or arms
  - C) Shortness of breath
  - D) Nausea or vomiting
  - E) All of the above
- 4) Women are at risk of a heart attack at a younger age than men.
  - A) True
  - B) False
- 5) What's another name for a heart attack?
  - A) Congestive heart failure
  - B) Myocardial infarction (MI)
  - C) Atrial fibrillation
  - D) Cardiac catheterization
  - E) None of the above
- 6) What are some of the risk factors for heart disease?
  - A) High blood cholesterol levels
  - B) High triglyceride levels
  - C) High blood pressure
  - D) Smoking
  - E) Diabetes and prediabetes
  - F) All of the above
- 7) What are important lifestyle changes for heart health?
  - A) Being physically active
  - B) Following a healthy diet
  - C) Maintaining a healthy weight
  - D) Quitting smoking
  - E) Managing stress
  - F) All of the above
- 8) What are the basic changes you can make so that your diet is more heart healthy?
  - A) Cut down on salt and sodium
  - B) Add more fruits and non-starchy vegetables
  - C) Lower the amount of cholesterol and fat
  - D) Eat more whole grains
  - E) All of the above
- 9) The average adult should get 45 minutes of physical activity each day.
  - A) True
  - B) False
- 10) Going smoke-free is another great way of lowering your risk for heart disease.
  - A) True
  - B) False



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## ANSWERS

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### 1) HEART DISEASE

According to the latest data from the National Center for Health Statistics, heart disease has been the number one cause of death for both men and women since 1900 (with the exception of 1918, the year of an influenza pandemic).

### 2) 25 PERCENT

According to the latest figures from the CDC's National Center for Health Statistics, heart disease is responsible for about 24.6 percent of all deaths in the United States. That's almost one in every four deaths. Cancer, by comparison, accounts for 23.3 percent of deaths.

### 3) ALL OF THE ABOVE

Some of additional symptoms you may experience during a heart attack include:

- Pain in the center or left side of the chest
- Feeling dizzy or light headed
- Breaking out in a cold sweat
- Feelings of uncomfortable pressure, squeezing, or fullness.
- Discomfort or pain in the neck, jaw, back, or upper part of your stomach

Treatment for a heart attack is most effective if given as soon as the person has experienced the symptoms. So, contact 911 as soon as possible. Getting prompt treatment can save a life.

### 4) FALSE

Men are at increased risk of a heart attack after age 45. For women, it's after age 55. Of course, these figures are based on averages so, whatever your age, it's a good idea to lead a healthy lifestyle and be aware of your risk factors for heart disease and to know the symptoms of a heart attack.

### 5) MYOCARDIAL INFARCTION

"Myocardial" means relating to the heart muscle. "Infarction" refers to cell death due to lack of oxygen caused by an obstruction to the blood flow. Myocardial infarction occurs when the blood flow to one or more of the arteries to the heart is blocked. This can cause the pain and incapacitation associated with a heart attack. The subsequent loss of oxygen to the heart muscle can, especially if left untreated, cause death to the heart cells.

### 6) ALL OF THE ABOVE

Having any of these conditions can increase your risk of heart disease and heart attack. Not surprisingly, your risk of heart disease and heart attack increase with the number of these risk factors that you have. The more you have, the higher your risk.

### 7) ALL OF THE ABOVE

Lifestyle changes are a life-long commitment that can also help you feel better overall and give you more energy. For some, lifestyle changes may not have a big enough influence on lowering your risk for heart disease. Talk to your healthcare provider about managing these conditions with medication, when necessary.

### 8) ALL OF THE ABOVE

Using more nutritionally dense foods like fruits and vegetables and replacing your regular choices with low fat alternatives is not only good for your overall health, it can also be good for your heart. At the same time, making the dietary changes listed above can help you lose weight. Being overweight is another risk factor for heart disease, as well as a number of other diseases like diabetes and some cancers.

### 9) FALSE

Adults should get 30 minutes of moderately intense physical activity—like a brisk walk—every day.

### 10) TRUE

Going smoke free brings many health benefits, many of which come quickly. In fact, some are experienced within minutes to hours after quitting. Your risk of heart disease starts to drop within 2 weeks to 3 months after quitting.

